







































# Green Heights Group Fitness Schedule for September 2017.

	Morning				Evening						
<b>Saturday</b>			<b>11:30-12:30</b> St.1  Mohamed	<b>12:30-1:00</b> St.1  Mohamed			<b>6:30-7:00</b> St.1  Mai	<b>7:00-8:00</b> St.1  Amr	 <b>8:00-9:00</b> St. 1 Yoga  Farah		
<b>Sunday</b>		<b>9:30-10:30</b> St.1  Rania (LO)	<b>10:30-11:30</b> St.1  Bardis (LO)		<b>6:00-7:00</b> St.2 Belly Dancing  Sara (LO) (By Registration)		<b>6:15-7:00</b> St.3 Spinning  Mourad	<b>7:00-8:00</b> St.1  Banna	<b>7:30-9:00</b> Out door  Ahmed A. Salam (By Registration)	 <b>8:00-9:00</b> St. 1  Bardis	
<b>Monday</b>	 <b>9:00-9:45</b> St.1 Fat to Flat  Mourad	<b>10:00-11:00</b> St.1  Nesma (LO)				<b>6:45-7:30</b> St.3 Spinning  Shereen	<b>7:00-8:00</b> Out door Circuit Training  A. Desouky (By Registration)	<b>7:00-8:00</b> St.1 Belly Aerobics  Sara (LO)	<b>8:00-8:45</b> St.2  Suspension Training Bassem	<b>8:00-9:00</b> St.1  Mai	
<b>Tuesday</b>		<b>9:30-10:15</b> St.2  Suspension Training Rania (LO)	<b>10:30-11:15</b> St.3 Spinning  Mourad		<b>6:00-7:00</b> St.2 Belly Dancing  Sara (LO) (By Registration)			<b>7:00-8:00</b> St.1  Rania	<b>8:00-9:00</b> St.1  Rania		
<b>Wednesday</b>			<b>11:00-12:00</b> St.1  Manar (LO)	<b>12:00-1:00</b> St. 2 Yoga Flow  Manar (LO)			<b>7:00-8:00</b> St.1 Trampoline  Sara	<b>7:30-9:00</b> Out door  Ah. A. Salam (By Registration)	<b>8:00-9:00</b> St.1 Pilates  Shereen	<b>8:30-9:15</b> St.3 Spinning  Mourad	
<b>Thursday</b>		<b>9:30-10:00</b> St.1  Rania (LO)	<b>10:00-11:00</b> St.1  Rania (LO)			<b>6:15-7:00</b> St.3 Spinning  Mourad	<b>6:30-7:30</b> Out door Circuit Training  A. Desouky (By Registration)	<b>7:30-8:30</b> St.1  Samir			

- Please note that this schedule is subject to change according to registration.
- The center reserves the right to appoint a substitution when needed, without prior notice.
- Please make sure to sign in for the classes 30 minutes before class starting time.
- Thank You for your cooperation ☺